# A Feeling of Security

You naturally feel secure when you know that the medicine you are about to take is absolutely pure and contains no harmful or habit producing drugs.

Such a medicine is Dr. Kilmer's Swamp Root, kidney, liver and bladder remedy The same standard of purity, strength and excellence is maintained in every

bottle of Swamp-Root.

It is scientifically compounded from vegetable herbs.

It is not a stimulant and is taken in teaspoonful doses.

It is not recommended for everything. It is nature's great helper in reliev and overcoming kidney, liver and blad-

A sworn statement of purity is with very bottle of Dr. Kilmer's Swamp-

Root.

If you need a medicine, you should have the best. On sale at all drug stores in bottles of two sizes, medium and large.

However, if you wish first to try this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Here's a Cneery Chap.

The man who has enemies amounts to something. He is a live man. He is a fighter. People don't kick a corpse. A live man can swim against the current; a corpse floats down without hindrance. God bless our enemies! We love them. They are making life worth while.-Boston Transcript.

Watch Cuticura Improve Your Skin. On rising and retiring gently smear the face with Cuticura Ointment. Wash off Ointment in five minutes with Cuticura Soap and hot water. It is wonderful sometimes what Cuticura will do for poor complexions, dandruff, Itching and red rough hands.-Adv.

Her Definition.

"Can you tell me what a smile is?" asked a gentleman of a little girl. "Yes, sir; it's the whisper of laugh."

## **WORSE THAN** DEADLY POISON GAS

Kidney disease is no respector of persons. It attacks young and old alike. In most cases the victim is warned of the approaching dangen Nature fights back. Headache, indigestion, insomnia, hame back, lumbago, sciatica, rheumatism, pain in the loins and lower abdomen, difficulty in urinating, all are indication of trouble brewing in your kidneys.

When such symptoms appear you will almost certainly find quick relief in GOLD MEDAL Haarlem Oil Capsules. This famous old remedy has stood the test for two hundred years in help-ing mankind to fight off disease.

It is imported direct from the home laboratories in Holland, where it has helped to develop the Dutch into one of the sturdlest and healthiest races in the world, and it may be had at almost every drug store. Your money promptly refunded if it does not relieve you. Be sure to get the genuine GOLD MEDAL Brand. In scaled packages, three sizes.—Adv.

Cloth of the Ancients.

The cloth woven by the ancient Egyptian was so durable that, though It has been used for thousands of years as wrappings of the mummies, the Arabs of today can wear it. It is all of linen, the ancient Egyptians considering wool unclean.

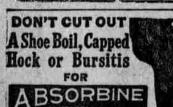
Nature's efforts to purify the system need help in Spring. Wright's Indian Vegetable Pills are Nature's first aid in eliminating impurities.—adv.

Farmer's Good Work.

Some people find it impossible to do two things at the same time. The farmer often does four, and does them well-he walks, thinks, talks, and miles all at once.



FOR PERSONAL HYGIENE
Dissolved in water for douches stope
pelvic catarrh, ulceration and inflammation. Recommended by Lydia E.
Pinkham Med. Co, for ten years.
A healing wonder for nasal catarrh,
sore throat and sore eyes. Economical,
the entroodinary cleaning and permicial power.
Sample Free. 50c. all dengine, or postpaid by
med. The Parton Tollet Company. Boston, Mas.



will reduce them and leave no blemishes. Stops lameness promptly. Does not blis-ter or remove the hair, and horse can be worked. \$2.50 a bottle delivered. Bask 6 firsa.

ABSORBINE, JR., for mankind, the antiseptic funct for Boils. Bruises. Sores, Swellings, Varicose Veins, lays Pain and Inflammation. Price \$1.75 a bettle at drug-us of deliyered. Will tell you more if you write. W. F.YOUNG, P.D. F., 310 Temple St., Springfield, Mass.

### U. S. Army Raincoats

Finished too late to go to France While they last — For Civilians U. S. Government Specification Rubberizing Made under Supervision of Govt. Impectors Highest Possible Waterproof Quality Released and Offered Direct to Civilians Delivered Free to Your Door on Receipt of

\$7.00—POSTPAID and INSURED Sent C. O. D. on receipt of 12c stamps Tan Fast Color Rubbertzed Material Hermetically Comented Waterproof Seams

Officers' Belted Coats \$12.00

CAMBRIDGE RUBBER CO.

A good deal of the trouble of this world arises from the fact that some folks like to have gardens, while oth-ers prefer to keep hens.—Nixon Water-

THREE MEALS A DAY.

To plan meals three times a day for family, trying to serve the food that



is pleasing, keeping one's bills within the limit and providing a variety, and having the day's food well balanced, is the task of 20,-000,000 cooks in this land of ours:

a task which takes real training and practice to be successful.

Cream Peach Cake.-Bake a layer cake and for the filling add a cupful ricer to sweetened whipped cream that almonds. is flavored with almond.

Coffee Junket .- For a dessert which is wholesome and easy to prepare as well as dainty to serve, junket stands at the head. Take one junket tablet, crush and dissolve in a tablespoonful of water, then add to a quart of lukewarm milk. Reserve half a cupful of the milk and pour boiling hot over two tablespoonfuls of coffee, let stand until well infused, then strain and cool before adding to the milk. If the milk is beaten yolks of three eggs and the heated too hot the junket will not thicken the milk. Serve with whipped cream on the top of the glass.

Supper Dish .- Brown a slice of finely minced onion in a little butter, then a meringue made of the two egg fair sample of Christianity? 'Yes, I add half a cupful of cooked rice and whites and three tablespoonfuls of when seasoned stir in three eggs, sprinkle with a slice of minced boiled ham and serve hot with toast.

Lamb Cutlets,-Cook eight lamb chops on one side until well browned: turn and on the cooked side place a teaspoonful of seasoned cooked macaroni. Cover with buttered crumbs and let cook in the oven about eight minutes. Creamed peas served in a thick white sauce may be used instead of the macaroni, which will make a most tasty dish.

ice Cream in Case.-Bake an angel cake in a round deep tin and when cold, cut out the center leaving thick of rice and a layer of peaches; set shell to hold vanilla ice cream and away to chill. Just before serving serve at once.

Cherry Ice Cream,-This is both good to look at and better to eat. Use a cupful of rich cherry juice and a pint of cream with a few drops of almond extract. Sweeten to taste and freeze as usual. Serve in sherbet cups and garnish with a cherry or a spoonful of minced cherries with some of the

A whipped cream filling with a half cupful of chopped preserved pineapple, makes a fine filling for a cake to serve at once.

A clear soup, a bit of fish, a couple of entrees and a nice little roast. That's my kind of a dinner.—Thack-

## WARM WEATHER FOODS.

Today with markets teeming with all kinds of fruit and vegetables and



housewives efficient in canning greens from their gardens, one may healthy in the spring as at any other time of the year, for our

blood tonics are taken in the form of fruit and vegetables.

However, when the warm days of summer come, they bring a muscular relaxation which reacts upon the digestive tract as well as upon the whole body and it needs to have its task lightened, so we lessen the is creamy fold in two cupfuls of pasamount of food or serve the lighter try flour sifted once. Bake in a slow forms of food. Foods rich in fat such over for one hour. as pastries, cakes and various sauces, should be partaken of in moderation.

Protein foods which furnish the heat should be cut down and more of the succulent fruits and vegetables form the main bulk of the food.

In the warm weather the housewife must plan more accurately not to have much leftover food, for spoilage will occur in a few hours in protein food fourth teaspoonful of cloves, and the making it unfit to serve.

When very warm a cold dri the form of a plain soda or phos is much less harmful than a so a sundae.

Ice creams and sundaes taken end of a meal will not chill the ach unduly.

In planning food for hot days wise, because of the habit, to one hot dish, even a drink, as radical change in meals cann ways be borne.

If one's dinner is enten at no supper should have at least of dish, simple but wholesome-a ed meat on buttered toast, milk macaroni and cheese, or brea cheese custard made by sprslices of bread with butter, I them into a baking dish and ing with one egg to each cup of the amount depending upon the ber to be served. Over each s bread as it is placed, put a ge

layer of rich finely diced cheese. Bake Nevie Maxwell in a moderate oven until the custard

taken at leisure, body and mind being for the time being given up to it, and to agreeable, social intercourse.

THE DELICIOUS PEACH.

No more delicious dish for dessert can be served than one of sliced



peaches with cream and sugar. When peaches are plentiful one likes to vary the serving. A most appetizing pie may be made by baking a rich crust and when cold fill it with sliced peaches well

sugared and covered with sweetened cream. To make it still more beautiful sprinkle with finely minced pisof very ripe peaches put through a tachio nuts or with shredded blanched A bird's nest pudding is another

form of dessert well liked. Slice a ple pan half full of peaches and cover Persuading people to repent is a work with a baking powder biscult dough. Bake and turn over on a plate, spread less to attempt it unless we are rightwith butter and sprinkle sugar and a with God ourselves. little nutmeg if liked over the peaches.

hot milk over a cupful of dry bread crumbs and let stand five minutes; add a half cupful of sugar, the wellstiffly beaten white of one. Mix well and bake in a moderate oven until mistake to send me there. When I firm. Heap thinly sliced peaches well asked him why he was not a Christian sweetened over the top and cover with he looked at me and said, 'Are you a sugar. Cover the pudding with the meringue and bake until a delicate brown. Cake crumbs make a more delicious pudding. Rice With Peaches.-Cook one cup-

ful of rice until tender, adding milk at the last of the cooking; season with butter and add sugar to sweeten, then pour into a hollow mold. When ready to serve unmold and fill the center with sweetened sliced peaches and serve with cream and sugar.

Japanese Rice and Peaches.-Put a layer of cold rice custard in a dish, a layer of sliced peaches, another layer heap sweetened cream over the top. Use almond flavoring.

Peach Chutney. - Prepare three pounds of peaches after peeling. Put them into a saucepan with a pint of mild vinegar; cook until tender. Pound in a mortar four ounces of onion and two ounces of garlic, five ounces of fresh ginger root; add the peaches with six ounces of raisins, an ounce each of white mustard seed and chili peppers and six ounces of sugar, simmer ten minutes and add more vinegar if needed. Bottle for winter use.

This world is a pretty good sort of a world

Taking it all together; In spite of the grief and sorrow we

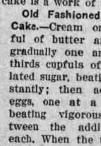
In spite of the gloomy weather.

There are friends to love and hopes to cheer, And plenty of compensation

For every ache, for those who make The best of the situation.

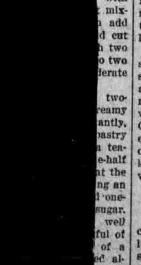
### CAKES AND FROSTINGS.

A tender, fine grained, well-baked expect to be as and goodly cake is a work of art.



Old Fashioned Pound Cake.-Cream one cupful of butter and add gradually one and twothirds cupfuls of granulated sugar, beating constantly; then add five eggs, one at a timebeating vigorously between the addition of each. When the mixture

Six Months' Cake .- Mix one-half cup of butter and lard until creamy, the last words which lead a soul to then add one cup of sugar gradually, decision occasionally?" beating constantly, two eggs well beaten and one-half cupful of molasses. Mix and sift two and one-half cupfuls of flour, one teaspoonful of cream of tartar, one-half teaspoonful of sodn, one teaspoonful of cinnamon, one-



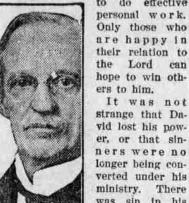
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The Relation of Joy to Success

By REV. HOWARD W. POPE Moody Bible Institute,

TEXT-Restore unto me the joy of thy salvation and uphold me with a willing spirit: then will I teach transgressors thy ways, and sinners shall be converted unto thee.—Ps. 51:12, 13.

If there is any conscious sin in a person's life it is impossible for him to do effective



the Lord can hope to win others to him. It was not strange that David lost his power, or that sinners were no longer being converted under his ministry. There was sin in his

personal work.

Only those who

their relation to

life, and he knew it, and hence his hearty confession and plea for mercy. so delicate and difficult that it is use-

At a time when there was some re-Peach Pudding.—Pour a cupful of ligious interest at Princeton college one of the students offered himself as a worker. He was assigned to see a certain man. When asked about the result of his visit, he replied: "Oh, I made no headway. It was a great think I am about the average.' 'You are? 'Yes.' 'Then I do not want to be a Christian.' That answer went straight to the man's heart. He knew what it meant. The unbeliever had seen him cheat in examinations; he had heard him say things that were not true; and he had lost all respect for him. It is not enough to be sound in doctrine; one must also be consistent in life. And, even when the outward life is exemplary, there may be a secret, unforgiving spirit, or unwillingness to do God's will, which

hinders our usefulness. A lady once said to me: "I am the daughter of a minister; I am a graduate of Wellesley college: I have taught Sunday school ever since I was freen years old, and yet to the best of my knowledge I have never led a single soul to Christ."

"I thought that all your boys became Christians last Sunday."

"That is true; but I had nothing to do with it, and that is what is breaking my heart."

"Do not be too plied; and then I used an illustration something like this: Suppose that chandelier was suspended by a chain instead of a rod. What link in the chain do you think would be the most important, the first, or the second, or the last one?"

"I do not see as there would be any difference. If you take out any of them, the whole thing would come down.'

"Very true," I replied. "Now, in the long chain of events by which God brings any wandering soul back to himself, which is the most important link, the first, or the fiftieth, or the last?"

"There is no difference. If any one of the links is gone, you cannot secure the final result."

"Perhaps you did not speak the final words that led your boys to decision, but you have certainly spoken many earnest words that prepared the way for some one else to lead them to decision. Who shall say that your words were not just as important as his?

"There is some comfort in that, I must admit."

"Certainly; that is why Fsaid it." "But do you not think that every Christian ought to be able to speak

"I do. I believe that God wishes all his children to be soul-winners, and that he has made abundant provision for that end."

"I think there is something wrong in my life," she replied.

I thought so, too, and so I waited for the Lord to show her what was needed. In a few weeks she sent word that she was now ready to devote her d cut life to winning souls to Christ.

In this instance there was some consclous disobedience that had evidently stood in her way for years. So long as there is any such obstacle one cannot pray with confidence, or speak with power. We must be able to look God in the face and say, "Thou knowest that I love thee," and also look our neighbor in the face and say, "You know that I am anxious for your conversion."

The Hand That Leads Us.

In old days there were angels who came and took men by the hand and led them away from the city of destruction. We see no white-winged angels now. But men are led away from threatening destruction; a hand is put into theirs which leads them forth gently toward a calm and bright land, so that they look no more back ward; and the hand may be a little



Did He Hug Her? "Would you embrace an opportu-

alty?" asked the girl with the trim

"Sure," said the young man with a good right arm. "Is this one?"-Louisville Courier-Journal.

Proving It. "Pussyfooting is a calamity." "I suppose it is something of a catHow He Judged.

Mr. Bacon-You should never judge

mnn by his clothes, my dear. Mrs. Bacon-I never do. I always judge him by his wife's clothes,-Pearson's Weekly.

Heard in an Office.

"Phew! How can you smoke such cigars as this one you've given me?" "I can't. That's the one you handed strophe."-San Francisco Chronicle. | me yesterday."

### Crackproof Felt Waterproof Asphalt Fireproof Slate Make SHINGLES the Roof for You-AREY Shingles are surfaced with natural red or green fadeless slate. This reduces your fire risk and insurance premiums. These shingles require no painting. Up-keep expense is practically abolished. And the farm buildings have a prosperous "kept up" appearance at all times. The Asphalt and wool felt make the shingles flexible, easy to lay over an old roof or even a poor surface. The sun's heat does not dry out Carey Shingles. They never split or curl. On the contrary they stick together, protect the nail heads from rusting off and absolutely defy the severest windstorms.

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